

# With “Snacks for Sacks,” it’s easy to help neighbors in need!

Did you know that neighbors in need have been receiving sack lunches from Fourth Church since 1983? It’s one of the oldest and most visible direct outreach programs of Fourth Church, an important part of being “a Light in the City.”

## About the Bag Lunch Programs

Each week between 200 and 300 guests of the Fourth Church Meals Ministry Bag Lunch Program and other programs receive a sack lunch containing 2 sandwiches, and 3 snacks (1 each salty, sweet, and fruit snack).

## That means we need 600–900 snacks every week!

Several volunteer teams make turkey-with-cheese-on-whole-wheat sandwiches during the month to cover our weekly needs for sandwiches—but we continue to experience chronic shortages of snacks and sides.

While we purchase as much as we can from the Greater Chicago Food Depository, these items are not always available at GCFD. We rely on donations or purchases from other sources.

Simply leave donations marked “Meals Ministry” at the 126 E. Chestnut Reception desk

## Snacks for Sacks that we need all year

To sustain our weekly bag-lunch programs, we have an ongoing need for snack items that

- are packaged in single serving portions
- require no refrigeration
- aren’t past the expiration date

We need **SALTY** snacks

- Chips, pretzels, or other salty snacks such as Goldfish® or Cheez-It® crackers
- Cheese or peanut butter cracker packs

We need *Sweet* snacks

- Pudding cups
- Cookie packs
- Granola, cereal, or other nutrition bars

We need **FRUIT** snacks

- Applesauce or fruit cups
- Raisins or other fruit packs



## Fourth Church Meals Ministry

For more information, contact Mike Usiak ([musiak@fourthchurch.org](mailto:musiak@fourthchurch.org))

To order online with shipment direct to Fourth Church, go to [www.fourthchurch.org/mission/meals-ministry.html#donations](http://www.fourthchurch.org/mission/meals-ministry.html#donations)